

Dear Students and Families,

We hope this message finds you well. In light of the challenges many of you may be facing, we want to emphasize the importance of resilience and share some valuable resources available to support you.

Resources for Building Resilience:

- **Mindfulness Workshops:** Join us every Wednesday at 4 PM for guided mindfulness sessions.
- **Counseling Services:** Our school counselors are available for one-on-one support. Call (123) 456-7890 to schedule an appointment.
- **Peer Support Groups:** Connect with fellow students for shared experiences and support. Meetings are held every Thursday at 3 PM in the library.
- **Online Resources:** Visit our website for helpful articles and videos on building resilience and coping strategies.

We encourage everyone to take advantage of these resources and support one another during this time. Remember, resilience is a skill that can be developed with practice and support.

Thank you for your attention, and best wishes for a successful school year!

Sincerely,
[Your Name]
[Your Title]
[School Name]